

3. (New) The exercise apparatus of Claim 2 wherein said source of exercise resistance comprises a weight.

4. (New) The exercise apparatus of Claim 3 wherein said means for coupling said source of exercise resistance to said press arm comprises a cable coupled to the weight.

5. (New) The exercise apparatus of Claim 4 wherein said means for coupling said source of exercise resistance to said press arm further comprises at least one pulley rotatably mounted on the main arm member.

6. (New) The exercise apparatus of Claim 2 wherein the main arm member includes a transverse cross member.

7. (New) The exercise apparatus of Claim 6 wherein the secondary pivots are disposed at opposite ends of said transverse cross member.

8. (New) The exercise apparatus of Claim 2 wherein each of the main and secondary pivots has a respective pivot axis and wherein the pivot axes of the secondary pivots are parallel to each other and orthogonal to the pivot axis of the main pivot.

9. (New) The exercise apparatus of Claim 2 wherein each of the secondary arms extends at an oblique angle with respect to the respective secondary pivot axis.

10. (New) An exercise apparatus comprising:

a frame;

a press arm pivotally coupled to the frame, said press arm having a main arm member depending from a main pivot on the frame and a pair of secondary arms coupled to the main arm member at respective secondary pivots, wherein each of the secondary arms pivots both inwardly and outwardly about a respective one of the secondary pivots from an at rest position located at

the start position for a straight forward chest press, wherein each of the secondary arms hangs downwardly while in the at rest position;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

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11. (New) A press arm for an exercise machine comprising:

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a main arm member having a main pivot and a pair of laterally spaced apart secondary pivots orthogonal with respect to the main pivot, said secondary pivots parallel to one another and inclined with respect to vertical;

a pair of secondary arms coupled to the main arm member at respective ones of the secondary pivots; and

wherein each of the secondary arms pivots both inwardly and outwardly about a respective one of the secondary pivots from an at rest position located between a fully outward position and a fully inward position, wherein each of the secondary arms hangs downwardly while in the at rest position.

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12. (New) The press arm of Claim 11 wherein the main arm member includes a transverse cross member.

13. (New) The press arm of Claim 12 wherein the secondary pivots are disposed at opposite ends of said transverse cross member.

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14. (New) The press arm of Claim 11 wherein each of the secondary arms extends at an oblique angle with respect to the respective secondary pivot axis.